



Recreation Department

4K-6th Co-ed Basketball Program Deadline...November 4



Were taking our youth program to the next level



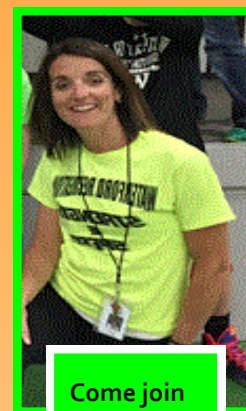
Discount given to Head Coaches.

SPORTS YOUTH PROGRAMS

Tumbling & Gymnastics 4K-3 grade develop coordination, flexibility and balance, plus a parent performance.

Strength, Speed & Agility 3-6th grade maximize your personal athletic performance by increasing agility, flexibility, and speed with fun engaging activities.

Snowboard and Ski Club Registration November 4th, 5-6:00pm Evergreen School. Ski Swap: bring in your used or outgrown equipment & accessories to sell or buy used equipment from other club members!



Come join me...

EDUCATIONAL YOUTH PROGRAMS

Let's Build It (STEM) 3-6th grade

If you can imagine it, you can build it. Become part of the problem solving team as you explore the world of Robotics.

Lego Education WeDo 1-5th grade

WeDo construction set is an easy to use hands-on kit that introduces young students to Lego Education.

Afterschool Chess Club K-4 grade

Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts.



Let's explore with Lego's

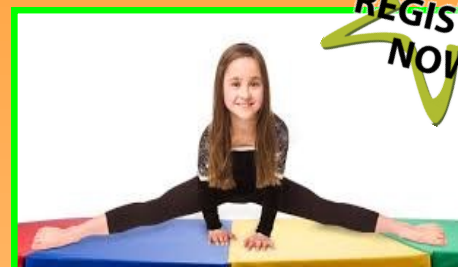
Waterford Graded School District Recreation Department



Having fun with Lego WeDo

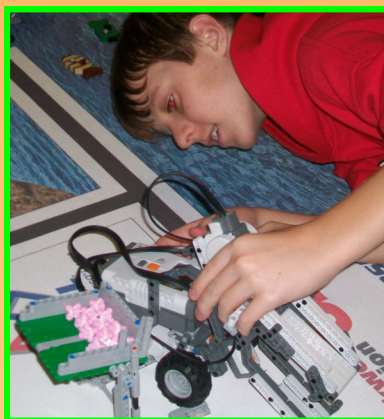
YOUTH PROGRAMS:

- ⇒ Basketball
- ⇒ Girls Dance & Pom
- ⇒ Girls Youth Ballet
- ⇒ Tumbling/Gymnastics
- ⇒ Lego WeDo
- ⇒ Let's Build It (STEM)
- ⇒ Sports of all Sorts
- ⇒ Strength, Speed & Agility
- ⇒ After School Chess Club
- ⇒ Snowboard and Ski Club
- ⇒ Running Club
- ⇒ Flag Football
- ⇒ Soccer



ADULT PROGRAMS:

- ⇒ Co-ed Insanity Class
- ⇒ Sculpt & Strength
- ⇒ Yoga
- ⇒ Basketball
- ⇒ Volleyball



Call me with any
questions...

3 Easy ways to Register for classes:

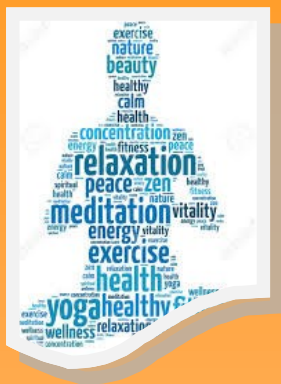
- 1) Register using our online secure website
www.waterford.k12.wi.us/recreation
- 2) Drop off your registration form and payment at Evergreen, Trailside, Woodfield or Fox River Schools or in the locked drop box outside the Waterford Grade School District office.
- 3) Walk-in: our office is located inside Evergreen School at
819 West Main Street,
262/514-8200x1131





NEW!

NEW! **Adult Fitness Programs:**
Body and Soul Yoga: Thursdays 5-5:45 p.m.



Nourish your mind, body and spirit! Discover techniques to relieve stress and muscular tension, while gaining flexibility, strength, and relaxation through yoga postures and breath work.

All Level class, we will help you feel refreshed and balanced.

Instructor: Ellie Barbeau, Seasoned Yoga instructor; including, Hatha, Deep Stretch, and Power Yoga.

**Co-ed Insanity Classes:
Tuesday and Thursdays 5:15 a.m.**

If you want an insane body, it's time to do something crazy!

Sculpt & Strength:
Monday and Wednesday 4:30 p.m.

A full body workout fused with a variety of calisthenics, yoga and plyometrics.



Volleyball Friday 6:30-8:30 p.m.

Woodfield School Gym

Senior Volleyball Wednesday 6-8 p.m.

Evergreen School Gym

Men's Basketball Wednesday nights

Fox River School Gym

Register for classes today:

- 1) Register using our online secure website: www.waterford.k12.wi.us/recreation
- 2) Drop off your registration form and payment at Evergreen, Trailside, Woodfield or Fox River Schools or in the locked drop box outside the Waterford Grade School District office.
- 3) Walk-in: our office is located inside Evergreen School at 819 West Main Street,
262/514-8200x1131

